

LONDON

metro®

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JackpotNEWS  
WORTH  
SHARING.  
**OH WELL,  
LA-DI-DA ...**IS ANNIE HALL THE  
GREATEST WOODY ALLEN  
MOVIE OF THEM ALL?  
METRO'S RANKING OF THE  
FILMMAKER'S WORK CONTAINS  
SOME SURPRISES

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Dr. Michael Strong, dean of Western University's Schulich School of Medicine and Dentistry, says council's proposal to sink \$10 million over 10 years into a medical-innovation network "is probably the most exciting thing I've seen, short of the birth of my children." ANGELA MULLINS/METRO

# Hundreds of jobs, millions for economy

**London leading  
the way.** Excited  
councillors endorse  
plans for medical-  
innovation network**MIKE  
DONACHIE**

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The first green light was  
given Monday for a project  
that some say could change  
London forever.Two of the biggest play-  
ers in the city — the hospi-  
tals and Western University  
— have taken the first step  
toward getting \$10 million to  
create a new way of working  
together, making advances in  
medical science and creating  
hundreds of jobs.The city hall spending,  
approved by a committee on  
Monday and headed to Tues-  
day's council meeting for a  
final vote, would be spread  
over a decade. It would be  
coupled with \$10 million  
promised from Western Uni-  
versity, which has committed  
to raising \$10 million more.**The players**

- London Health Sciences Centre
- St. Joseph's Health Care London
- Lawson Health Research Institute
- Western University (Schulich School of Medicine and Dentistry, Robarts Research Institute and the faculties of health sciences and engineering)

The goal is to attract a  
combined \$80 million to  
\$100 million from multiple  
sources, officials said.Leaders of the effort want  
London to lead the way, na-  
tionally and internationally,  
as a centre that can offer  
medical advances at every  
stage, from forming ideas  
through development and  
construction to final com-  
mercialization.The city already has all the  
right elements, but this new  
plan is designed to create a  
formal network with a board  
of directors, leaders say. It  
will create 350 jobs, adding  
\$52.5 million to the city econ-omy, councillors heard on  
Monday.London is already doing  
well, Dr. Michael Strong,  
dean of Western University's  
Schulich School of Medicine  
and Dentistry, told the com-  
mittee. Since 2008, for ex-  
ample, Western and the Law-  
son Health Research Institute  
have created \$24.3 million  
in licensing income — the  
fourth-highest total in Can-  
ada — secured 151 patents  
and seen 18 spinoff compan-  
ies create 40 jobs. Imagine  
what the bigger partnership  
could do, he suggested."In the almost 30 years  
that I've been here, this is  
probably the most exciting  
thing that I've seen, short  
of the birth of my children,"  
Strong said.That excitement was  
shared."This is an example of  
how the right people coming  
together at the right time can  
sometimes bring the energy  
that leads to something quite  
extraordinary," Coun.  
Joni Baechler said.Follow Mike Donachie on  
Twitter @Mike\_Donachie

## Stats Canada

## London police get high marks for solving crimes

You can run, but, most of the time, you can't hide from London police, according to Statistics Canada.

Though there are some notable exceptions, such as the shooting death of Jonathan Zak and the whereabouts of Vanessa Fotheringham, the force is among the best in the country at solving crimes.

It was fifth best in 2012 at clearing violent crimes among 30 metropolitan police departments in the country, and the sixth best at clearing crimes overall when taking the crime severity index into account.

SCOTT TAYLOR/METRO

## Clean Team

## Get your butt over here!

Downtown London's Clean Team is pulling together recommendations for new places to put cigarette-butt receptacles after collecting 43 ½ gallons of butts so far this summer.

The Clean Team — a project of the London Downtown Business Association, the London Economic Development Corporation and Tourism London — has also collected 24 bags of garbage in addition to the butts.

METRO

## Cancelled gas plants

## Latest email leak is more bad news for Ont. Liberals

Senior officials in former premier Dalton McGuinty's office conspired to pressure the Speaker of the legislature to change a preliminary ruling that found the Liberal government in contempt of parliament, the opposition parties charged Monday.

The Progressive Conservatives and the NDP said the latest batch of emails released on two cancelled gas plants shows the Liberals tried to convince Speaker Dave Levac to change his preliminary ruling that then-Energy Minister and London West MPP Chris Bentley was in contempt for not releasing all the documents on the projects. **THE CANADIAN PRESS**



The green box pictured here on Platt's Lane is the first bike box to have cropped up in the city. The boxes are painted at potentially dangerous intersections, giving cyclists the go-ahead to pass vehicles stopped at traffic lights and advance first when the light changes. **MIKE DONACHIE/METRO**

# City staff think outside the box

**Bike safety.** New road markings designed to keep cyclists protected in a tight spot



**MIKE DONACHIE**  
mike.donachie@metronews.ca

There's bright green paint on the pavement at a dangerous spot in London, but that's OK with cyclists.

In a Forest City first, a pair of "bike boxes" has appeared at the rail underpass where Platt's Lane narrows off Oxford Street West.

The idea, the city says, is to keep cyclists safe at a tight

spot, and the co-chair of the new London Cycle Group is thrilled.

"I think they're a great idea," said Jeremy Bird, a commuter cyclist who tackles London's streets on two wheels every day. "I was an exchange student in Germany so I've used them a bit."

The idea is to give priority to cyclists ahead of vehicles at "constrained" spots, said Edward Soldo, the city's director of roads and transportation. The boxes indicate spots where cyclists can pass cars when the traffic light turns red, sit in front of them in the box and move ahead first.

Two more boxes are planned this year on city streets, including on Oxford

## Testing, testing

Metro watched the bike boxes on Platt's Lane for 40 minutes midway through Monday morning. Here's how drivers reacted.

- Six cars ignored the boxes and stopped on one when the lights were red.

- Five cyclists avoided the road entirely and used the sidewalk.
- Two cyclists used the cycle lanes coming to the stoplight and made good use of the bike boxes.

Road at Sanitorium Road, Soldo said.

There's no major cost involved, said Soldo, adding: "It's only paint."

There could be more if people are happy to have them.

"We want to see what the

response is from the community," he said.

Bird, for one, is game for the idea.

"I'd like to see more of them at every intersection that there have been problems with bikes and cars and communication," he said.



Richard Sookraj, 20, left, Elgin-Middlesex-London MP Joe Preston and Bill Wang, 19, during a Global Vision networking reception on Parliament Hill. **CONTRIBUTED**

## Western. Students tapped as ambassadors

Two Western University students are headed to Asia on an international trade mission.

Richard Sookraj and Bill Wang, both undergrads, will visit a host of places, including Hong Kong and Singapore, as part of Global Vision's Junior Team Canada

Ambassadors program.

The students will meet with leaders from business, government, and the community to promote Canada's economic interests.

Global Vision, a non-profit, was founded by former London-area MP Terrance Clifford. **METRO**





Economist Mike Moffatt, pictured Monday outside a Richmond Street head shop, may seem an unlikely source for a campaign to legalize marijuana. But he and hundreds of other economists from across North America are joining forces to push for just that. SCOTT TAYLOR/METRO

# Western biz prof joins pro-pot lobby

## Dear Obama.

Tax revenue could be in the billions if regulated, he and other economists say



SCOTT TAYLOR  
scott.taylor@metronews.ca

Even Mike Moffatt admits that it sounds a little weird at first blush.

After all, the economist demographic isn't usually — if ever — thought of when it comes to the world of bongs and Bob Marley.

But that's about to change.

Moffatt, an assistant business professor at Western University, is one of 500 economists from across North America who have signed a letter addressed to President Barack Obama, the U.S. congress and other legislators calling for the legalization of marijuana.

Moffatt, at least, would like to see the same thing

happen in Canada. The reason?

As he sees it, legalization means government regulation, which leads to quality control, a big hit to organized crime.

"This actually goes back to 2005," he said.

"There was a professor at Harvard who signed a petition to (then-U.S. President) George W. Bush recommending that he legalize and tax marijuana so that it would be a much better way of regulating the substance than just banning it outright and leaving it in the hands of organized crime."

Moffatt is no shrinking violet when it comes to the issue. He sees pot as posing the same level of threat as alcohol and, similar to prohibition, he says making the drug illegal is only benefiting criminals.

"Economists understand the hazards and the dangers of creating a black market," he said.

"By creating the black market, it's not like marijuana is going to go away. It

## By the numbers

# \$1B-\$2B

Estimated tax revenue that could come from legalizing pot, according to a Western University business professor.

obviously hasn't."

Creating a price point, taking it off of school grounds and producing cleaner, safer marijuana is in the best interests of everyone, he added.

"If you regulated it, you could put all types of restrictions on it, like we do with alcohol and tobacco in which you have to check ID. Maybe you don't have sales within a certain distance of a school, and you could control potency better," he said.

Now, no one really knows what they're getting because there are no safety checks of any kind.

And the economist sees a very lucrative bottom line from the tax revenue that would be generated.

"The Fraser Institute has estimated that it could be somewhere in the neighbourhood of \$1 billion (to) \$2 billion a year," he said. "It's a massive potential tax revenue equalling that of alcohol and tobacco tax revenues."

## We're economists, we know

"Economists understand the hazards and the dangers of creating a black market."

Mike Moffatt, economist

# Solar-energy farm planned for east London industrial park

The future could be looking brighter for a once-contaminated site on the city's east side.

Harvey Filger, the city's director of corporate and investment partnerships, told councillors Monday that a company has approached him looking to make a deal.

ACE Partnerships Ltd., which describes itself as a small energy consulting firm, wants to partner with the city on a solar-energy farm at Huron Industrial Park off Clarke Road. Its aim is a series

of ground-mounted solar cells, but the extent, cost and value are not yet known.

The site is referred to as the Pottersburg Brownfield, and was previously contaminated with PCB, a type of fluid used in electric motors.

A proposal submitted to the city says: "The project provides a solution of what to do with a land site that has recently recovered from PCB contamination."

"It would also reverse negative perceptions associated with the site emanating

from the general public, industry and local government."

The company also says it has a First Nations partner from the Kenora region, and the project would tap into the province's feed-in tariff program, designed to encourage investment in renewable energy.

Filger told the investment and economic prosperity committee about the approach, and councillors agreed that ACE can pitch the plans at a future meeting.

MIKE DONACHIE/METRO

# Mere coincidence. Liberals launch jobs program ahead of byelections

Premier Kathleen Wynne launched a new two-year, \$195-million youth jobs program Monday but said its timing has nothing to do with five byelections where her minority government is facing strong challenges this week.

"We need to tackle youth unemployment," Wynne said at a Toronto jobs agency. "We have continued to work through the byelection period .... The work of government goes on."

The new youth program will provide up to \$7,800 to

## Six-month placements

# \$7,800

Employers will get up to \$7,800 to cover wage and training costs for youth.

help employers cover wage and training costs for placements of up to six months for youth, along with money to help the young workers with logistics such as transportation or any tools they may need on the job.

With the fund taking effect Sept. 23, it was important to get word out now to give young people aged 15 to 29 and prospective employers time to prepare, Wynne added.

Her government faces byelection tests Thursday, with five previously Liberal ridings up for grabs, including London West.

Polls suggest close races in several of the ridings and Wynne regularly acknowledges that "byelections are difficult for governments."

TORSTAR NEWS SERVICE



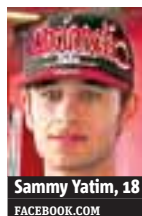
# Hundreds rage at police after an officer guns down teenager

**Toronto streetcar slaying.** Assurances from police chief do little to quell outrage

Hundreds of protesters shouted at police and called for justice Monday as they gathered at the spot where a young man was shot dead in an altercation with Toronto police on a streetcar.

The mother and sister of Sammy Yatim, 18, were among a crowd of protesters that stretched more than a block as marchers headed to the intersection where the teenager died on Saturday morning.

The death has sparked a flood of anger at police, who have suspended the officer involved. The crowd chanted "Shame!" with a handful of protesters angrily confronting police monitoring the march.



Sammy Yatim, 18  
FACEBOOK.COM

Protesters briefly stopped and vented outside a police station.

Ontario's police watchdog is probing the incident, which was captured on video. Yatim was reportedly armed with a knife when he was shot.

Police Chief Bill Blair said the force will do all it can to answer the questions surrounding police conduct.

In addition to the Special Investigations Unit probe, he said he would be conducting a separate review to see if police procedures were followed.

Ontario's ombudsman also weighed in, saying his office would be reviewing the incident to determine if it could trigger a wider investigation.

THE CANADIAN PRESS



Sammy Yatim's mother, Sahar Bahadi, centre, family and supporters confront police who line the route at the rally on Monday. TORSTAR NEWS SERVICE



## Head-on train crash leaves dozens of passengers injured

A police officer works at the site where two passenger trains collided head-on in Granges-pres-Marnand, western Switzerland, on Monday. Police say at least 35 people have been injured, five seriously. One person had yet to be recovered from the wreckage Monday night. LAURENT GILLIERON/KEYSTONE/THE ASSOCIATED PRESS

## Taser death. Mountie found not guilty of lying

An officer who was among the four Mounties at the Vancouver airport the night Robert Dziekanski died has been found not guilty of lying at a public inquiry into the Polish immigrant's death.

B.C. Supreme Court Justice Mark McEwan, who heard the case without a jury, said that the Crown failed to prove Const. Bill Bentley knowingly made a false statement.

Bentley was the first to be tried for perjury for his testimony during the 2009 inquiry seeking to find answers about what happened the night the officers responded to a call about a distraught man throwing furniture.

Dziekanski died on the airport floor in October 2007. Bentley said in his notes that Dziekanski came at the officers screaming and brandishing a stapler before they hit him with a Taser and wrestled him to the ground.

But video evidence contradicted some of Bentley's notes and statements.

McEwan raised doubts about the Crown's theory that Bentley and the other officers colluded on their stories to homicide investigators and then lied at the inquiry. He noted civilian witnesses made the same sort of mistakes as the Mounties.

THE CANADIAN PRESS

## Monkey see monkey don't. On the origin of monogamy

Only a few species of mammals are monogamous, and now duelling scientific teams think they have figured out why.

One team looked just at primates. The researchers said the exclusive pairing of a male and a female evolved as a way to let fathers defend their young against other males.

The other team got a different answer after examining about 2,000 species of mammals. They concluded that mammals became monogamous because females had spread out geographically, and so males had to stick close to fend off the competition.

But both teams discounted one long-standing explanation:

That monogamy provides two parents for rearing offspring. That's just a side benefit.

And both teams agreed that humans do not quite fit in the monogamous category.

Dieter Lukas of the University of Cambridge, lead author of the mammals study, found monogamous species have fewer physical differences between the genders. They are about the same size, live about as long. That's not humans.

"Strict monogamy, such as (with) the gibbons, is not what humans do," agreed Christopher Opie of the University College London, who was the lead author of the primate study.

THE ASSOCIATED PRESS

### Do you suffer from the annoying symptoms of Dust Mite allergies??



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Call now to see if you qualify.

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Participants are compensated up to \$432.00 for their time.

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Compensation up to \$200.00

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#### Mayor felled

### Women charged in alleged sexual extortion attempt

Charges of extortion, break-and-enter and conspiracy have been laid against two women involved in an alleged prostitution scandal that brought down the mayor of Laval, Que.

The interim mayor resigned last month, just hours after denying he'd had sex with a prostitute.

He asserted he had been the victim of an extortion attempt. THE CANADIAN PRESS

#### Mogadishu, Somalia

### Tax collectors killed as bandits

Somali traders in Mogadishu have long faced down Islamist rebels and warlords demanding money. Now they say there is a new predator: The tax man.

Five tax collectors have been killed so far this year, following the killings of 10 last year, according to a local government official. The idea of paying taxes seems outlandish in a nation rife with corruption and very few functioning hospitals or schools. THE ASSOCIATED PRESS

## Court verdict. Princesses reclaim \$4-billion estate

It has all the makings of a best-selling novel. An Indian maharaja crowned as a toddler and rich beyond imagination falls into a deep depression in old age after losing his only son.

After his own death a few months later, his daughters, the princesses, don't get the palaces, gold and vast lands they claim as their birthright. Instead, they are given a few dollars a month from palace officials they accuse of scheming to usurp the royal billions with a forged will. The fight rages for decades.

On Saturday, an Indian court brought this chapter to a close, ruling that the will of Maharaja Harinder Singh Brar of Faridkot was fabricated. His daughters will now inherit the estimated \$4-billion US estate, instead of a trust run by his former servants

### Faridkot riches legendary

The estate includes a 350-year-old fort, palaces and forests lands in Faridkot, a mansion surrounded by acres of land in the heart of India's capital New Delhi, and similar properties spread across four states. There is also a stable of 18 cars including a Rolls-Royce, a Daimler and a Bentley, all in running condition.

and palace officials.

Chief judicial magistrate Rajnish Kumar Sharma, in the northern city of Chandigarh, finally gave his ruling on the case filed by the maharaja's eldest daughter, Amrit Kaur, in 1992, a court official said on Monday. **THE ASSOCIATED PRESS**



A peacock dances inside the Faridkot estate in New Delhi, India, Monday. A court in Punjab state recently ruled that the daughters of Maharaja Harinder Singh Brar of Faridkot will inherit his vast fortune valued at \$4 billion. **THE ASSOCIATED PRESS**

### Good God, call the fire dept.

## Fifty Shades of ... that toaster is turning me on

London firefighters say they have freed hundreds of people with body parts trapped in household objects in the past three years, including 79 people trapped in handcuffs.

The London Fire Brigade



speculated that the popularity of the erotic novel Fifty Shades of Grey could account for a rise in handcuffs-related emergencies.

"I don't know whether it's the 'Fifty Shades' effect, but the number of incidents involving items like handcuffs seems to have gone up," said Third Officer Dave Brown.

Firefighters even treated a man with his penis stuck in a toaster. **THE ASSOCIATED PRESS**



Pope Francis answers reporters' questions on Monday during a news conference aboard the papal flight on its way back from Brazil. Pope Francis reached out to gay people on Monday, saying he wouldn't judge priests for their sexual orientation, in a remarkably open and wide-ranging news conference as he returned from his first foreign trip. **THE ASSOCIATED PRESS**

# Shift in tone: Pope reaches out to gays

## 'Who am I to judge?'

In first news conference as Pope, Francis says gay clergymen should be forgiven and their sins forgotten

Pope Francis reached out to gay people, saying he won't judge priests for their sexual orientation, in a remarkably open and wide-ranging news conference Monday as he re-

### The Gospel

"Today Pope Francis has, once again, lived out the gospel message of compassion for everyone."

The Rev. James Martin, a Jesuit author and commentator, on viewing the Pope's remarks as a sign of mercy.

turned from his first foreign trip.

"If someone is gay and he searches for the Lord and has good will, who am I to judge?" Francis asked. "We shouldn't marginalize people for this. They must be inte-

grated into society."

Francis' predecessor, Pope Benedict XVI, signed a document in 2005 that said men who had deep-rooted homosexual tendencies should not be priests.

Francis was much more

conciliatory in his first news conference as pope, saying gay clergymen should be forgiven and their sins forgotten.

The comments did not signal any change in church policy. Catholic teaching still holds that homosexual acts are "intrinsically disordered."

But they indicated a shift in tone under Francis' young papacy and an emphasis on a church that is more inclusive and merciful rather than critical and disciplinary.

**THE ASSOCIATED PRESS**

## Election Day is August 1st 2013 in the electoral district of London West.

Polls are open from 9 AM to 9 PM.

To vote in this election, you must be:

- 18 years of age or older on August 1,
- a Canadian Citizen, and
- a resident of the electoral district.

To find out where you vote, visit our website, check your Notice of Registration card or call us. Each voting location will have magnifiers, Braille templates and other tools to facilitate voting.

Don't forget to take your ID and Notice of Registration card when you go to vote.

For more information, visit our website [elections.on.ca](http://elections.on.ca) or call 1.866.325.6241 (TTY: 1.888.292.2312).

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**X**  
Elections  
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## Pharmaceuticals

## Pfizer will sell discounted vaccine to poor countries

Drugmaker Pfizer Inc. has agreed to provide hundreds of millions of doses of its lucrative vaccine against pneumonia and meningitis at a fraction of the usual price for young children in

poor countries.

The deal to provide 260 million shots of its Prevnar 13 vaccine for a few dollars each is Pfizer's third agreement under an innovative program through which pharmaceutical companies, governments, health groups and charities collaborate to bring poor countries a long-term supply of affordable vaccines against deadly diseases. **THE ASSOCIATED PRESS**

## Air travel

## Unrest in Egypt leads to flight cancellations

Cairo airport officials say seven flights to Egypt have been cancelled and that others are arriving with less than 50 per cent occupancy following weekend clashes that killed 84 people.

Passengers from Yemen, Saudi Arabia, Sudan, Italy, Syria and Lebanon were re-routed Monday onto other planes because of low seat occupancy.

Officials say more than 55 per cent of seats on flights to Cairo have been empty over the past three days. Political turmoil over the past 2 1/2 years has hurt tourism in Egypt.

**THE ASSOCIATED PRESS**

## Market Minute



**DOLLAR**  
97.47¢  
(+0.13¢)



**TSX**  
12,669.04 (+21.14)



**OIL**  
\$104.55 US (-15¢)



**GOLD**  
\$1,328.40 US (+\$6.90)

**Natural gas:** \$3.46 US (-10¢)  
**Dow Jones:** 15,521.97 (-36.86)

# Hudson's Bay will open Saks stores in Canada

**Retail.** Following \$2.9B acquisition of U.S. retailer, HBC will roll out chain's luxury and discount banners north of border

Hudson's Bay Co. says it will open up to seven full-line Saks stores in Canada and about two dozen locations under a discount banner once it completes a \$2.9-billion US friendly deal to acquire the U.S. luxury retailer.

"We're going to move as quickly as we can," Richard Baker, HBC's chairman and chief executive, told analysts during a conference call on Monday.

"We think there's a lot of opportunity for us to accomplish that rollout relatively quickly."

Saks currently operates 42 stores, including its flagship Saks Fifth Avenue in New York.

HBC says it may transform some of its Bay stores into Saks locations, open new Saks stores in existing buildings or, in some cases, build new stores from the ground up.

## Quoted

**"We're going to move as quickly as we can. We think there's a lot of opportunity for us to accomplish that rollout relatively quickly."**

Richard Baker, HBC's chairman and CEO

The retailer says it also plans to open up to 25 Saks Off Fifth discount stores in Canada and is eyeing the possibility of starting a real-estate investment trust.

Paul Swinand, an analyst with Morningstar, said the deal will give HBC a portfolio of prime U.S. real estate.

"There's no way they could have accessed these real-estate assets at any other price, or in any other way," said Swinand.

"These are assets in locations where you couldn't get that size of a store otherwise."

The combined portfolio of the Bay stores in Canada, Lord & Taylor in the U.S. Northeast and Saks locations would comprise more than 32 million



A Saks store in New York is shown in this file photo. Canadian retailer Hudson's Bay Co. says it is paying \$2.9 billion US to acquire U.S. luxury retailer Saks Inc. **THE ASSOCIATED PRESS FILE**

square feet of retail space, said Baker.

"The combination of Saks and HBC real estate creates an unmatched, highly valuable North American retail real-estate portfolio, with a coast-

to-coast footprint serving three strong banners," Baker said.

"We will evaluate strategic alternatives to fully realize value from the combined property portfolio, including but not limited to the creation of

a real-estate investment trust. This will enable our company to unlock additional value and accelerate deleveraging."

HBC plans to keep Saks as a separate unit headquartered in New York. **THE CANADIAN PRESS**

## Consumer chemical turns up in polar bears' brains



Researchers say a type of pollutant called PFASs can travel up to the top of the food chain, where polar bears are found. **THE CANADIAN PRESS FILE**

Polar bears in East Greenland have dangerous pollutants that also appear in their brains, according to Danish researchers.

"Other pollutants dissipate into the environment, but these don't," says lead researcher Rune Dietz, professor of wildlife biology and toxicology at Aarhus University in Denmark.

"And they don't exist in polar bears' habitat either. A lot of the production of products with these substances now takes place in China. (Our findings) show how far these pollutants are able to travel."

The dangerous chemicals, known as PerFluoroAlkyl Substances (PFASs), are in everyday items like Teflon pans and textile coatings, and they don't dissipate into the environment. When a lowly fish species eats the chemical, and is then eaten itself, it travels up the food chain.

The chemicals travel long distances inside the bodies of the various fish species and marine mammals, and eventually they arrive in polar-bear habitats. "When you get to the top of the food chain, where the polar bears reside, you get the highest

concentration of these toxins," explains Dietz.

Though no conclusive evidence exists, PFASs are suspected of damaging the brain, liver and reproduction. "There are higher levels of PFASs in the brains of Inuits as well," according to Dietz.

Even more worryingly, people in industrialized countries who've never eaten marine mammals find themselves with PFASs in their brains, too. Scientists at the Norwegian Institute for Air Research in Tromsø are trying to find out why.

**ELISABETH BRAW/METRO WORLD NEWS**

## Lax regulation in China

• "The increase in PFASs in humans and polar bears is very frightening," says Danish researcher Rune Dietz.

• "The good news is that production of products using these pollutants peaked in 2006. But it's worrying that there's still very little regulation of PFASs in China."

## Tech trend. Survey finds upsurge in smartphone ownership

Not only is smartphone ownership way up in Canada, users are getting increasingly addicted to their mobile devices, suggests a new report released by Google.

Based on online surveys with 1,000 Canadians earlier this year, the report estimates that 56 per cent of adults were using a smartphone, up from 33 per cent in early 2012.

About eight in 10 smartphone owners said they don't leave home without their mobile device. Two-thirds of them said they had used their phone every day in the past week.

About 35 per cent said they'd become so reliant on mobile connectivity that they'd give up TV before having to part with their smartphone.

"Mobile has become a core part of how people live their lives today," said Google Canada's head of mobile advertising, Eric Morris.

"The study shows people are using mobile to change all aspects of their life, whether it's their job, travel, shopping, the way they communicate with others, and specifically trying to understand the world around them."

About 78 per cent of the smartphone users said they connected to social media with their device and 52 per cent said they logged on daily.

Morris said he was struck by the number of users who reported they were watching video on their phone. About 75 per cent said they had streamed video on their small screen. **THE CANADIAN PRESS**

## Smartphone ownership

# 56%

The report estimates that 56 per cent of Canadian adults use a smartphone, up from 33 per cent in early 2012.

# SEX ISN'T FOR POLITICOS TO DECIDE

Politicians aren't really known for being a particularly prudish bunch — Anthony Weiner, Bill Clinton, Eliot Spitzer and other public officials have had their share of high-profile sex scandals. And yet, a number of public figures made headlines last week for their sexually conservative policies.

American politician Ken Cuccinelli recently launched a web campaign aimed at resurrecting Virginia's Crimes Against Nature law, which would ban oral and anal sex between any two individuals. If passed, the law would make certain sex acts a felony with no consideration of context, effectively turning happily consenting, pleasure-seeking adults into sex offenders.

Across the pond, British Prime Minister David Cameron announced a new initiative to restrict access to online pornography throughout the country. This default porn filter will automatically block access to all sexually explicit websites and



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

British citizens who are interested in viewing racy content will be forced into having a very awkward conversation with their service provider.

Both Cuccinelli and Cameron cite "protecting children" and "family values" as justification for their overreaching policies. "Family values" being one of those vague phrases that has no concrete meaning and is employed emphatically by right-wing politicians to attack everything from gay marriage to working mothers to Gossip Girl.

There's no doubt that this is tricky territory. Obviously intervention is necessary when it comes to things like child pornography, exploitation and sexual predators, but allowing government bodies to regulate what is or isn't sexually acceptable behaviour among the masses is a very slippery slope. I can't help but think of the overzealous minister in Footloose who is determined to outlaw rock music and dancing in his fic-

tional Bible-thumping town.

Whether you agree with Cuccinelli's Crimes Against Nature law or Cameron's porn filter, you have to admit that both policies seem utterly impossible to enforce. This effort to BAN ALL THE NAKED THINGS is just an exhausting waste of time and public resources.

Sex is everywhere, online and in person, and it comes in seemingly limitless varieties. Teaching our children that sex is something that is immoral and should be forbidden is going to create confusion and unhealthy attitudes toward their own sexuality.

When it comes to sexual pleasure, government officials should have no right to come between two consenting adults — or between an individual and a computer screen, for that matter.

Rather than finding new ways to control private (and legal) sexual activities, we should focus on having frank discussions with our children about sex and the dangers of the web.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

# It's down for a dogfight



OLIVER EHMIG/SOLENT NEWS/REX FEATURES

## Dog parachutes from airplane

An elite air-force unit has a new weapon for fighting crime — a parachuting dog. A Belgian shepherd named Jany jumps out of the aircraft at more than 1,000 feet, while attached to the chest of an officer. The explosive detector dog makes dozens of jumps with the Colombian Group of Air Special

Commands, specially set up to counter crime and terrorism.

The 90-man-strong group is tasked with combating terrorist and criminal activity at all of Colombia's airports. Each paratrooper carries their field equipment on their body for the jumps, which are fraught with danger as landing areas are often covered with anti-personnel blast mines.

**METRO**

## Photographer's view

**"She (Jany) was extremely calm during the flight and was euphoric when she touched the ground."**

Oliver Ehmig, photographer. Ehmig captured the moment Jany and her tandem partner Jorge Herrera leapt into action.

## This canine can ...

- **Belgian malinois.** Related to the German shepherd, this breed of canine is popular with armed forces and the police for its loyalty and ability to detect explosives and drugs.

## Clickbait



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

**A pleasant side effect of the proliferation of longform interview podcasts is that the demand for guests opens up space for people who aren't promoting a book or a film — people who just happen to be interesting. Here are three that capture a wide range of interests.**

## Kevin Pollak's Chat Show

Marc Maron's WTF is arguably ground zero for the feature-length chat with neurotic celebrity types, and Kevin Pollak's is among the best of the comedian herd who followed him into the genre.

## Radio Open Source

Christopher Lydon plays host to a series of guest experts on topics ranging from what to make of the mess in Afghanistan, the collective art of revolutions and theories on the structure of organized crime.

## Inner Compass

The religious overtones of Inner Compass may be a little uncomfortable for some, but it frequently fades into the background as guests discuss everything from the evolution of hip hop to becoming an accidental activist in Myanmar.



## Twitter

**@metropicks asked: Justin Trudeau said he supported legalizing marijuana when he unexpectedly stopped by a rally in Vancouver last week. Do you think this will bolster the movement?**

**@TheRealTuretz:** I doubt it will have any real impact, since only stoners would let that influence their vote, and they're notoriously lazy.

**@Vickivancouver:** @robdelaney please save @Canada

**Follow @metropicks and take part in our daily poll.**

## Letters

Do we wait for someone else who is mentally ill to commit a crime? Or do we try and change our society that acts only after the crime has been committed. The government offers little help to the families that are fighting for their adult children's lives to keep them from harming others and themselves.

What a tragedy we are facing. How many times do we hear or read that someone has been murdered due to the mental state of another?

As a society we have buried our heads in the sand because our government chooses to not deal with this issue. Time for change.

**Kerin Swift, Surrey B.C.**

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: [londonletters@metronews.ca](mailto:londonletters@metronews.ca)



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## DVD reviews

**G.I. Joe: Retaliation**

Director. John M. Chu

Stars. Dwayne Johnson,  
Byung-hun Lee

● ● ● ● ●

G.I. Joe: Retaliation is a case of ADHD masquerading as a movie, hiding behind incoherent directing, writing and editing to minimize mayhem so as to secure a kid-friendly rating. It's like a giant explosion on a distant planet, observed but not felt. The stolid Dwayne "The Rock" Johnson joins grumpy Bruce Willis as the new top square-jaws of the changing cast, most of the original players having wisely opted for better gigs or early story exits. Based on an action figure and cartoon, G.I. Joe is reduced to an incomprehensible blur of throbbing testosterone tin men (and women), who rat-tat-tat their machine guns and shout inanities at each other. Even when something really big happens — say a major world city being blown up — the effect is like being hit with a clown's Nerf bat.

PETER HOWELL

# Woody Allen: The good, the bad and the ugly

**Director's cut.**

Filmmaker's body of work is nothing but prolific — here Metro ranks the best to the worst from 1969 to the present

**MATT PRIGGE**

Metro World News in New York

It's that time of year again — that is, when Woody Allen releases his annual film. The exact time of year fluctuates. (In the '90s, it was always in the fall, in time for Oscars. For the last few years he's been an improbable summer movie filmmaker.)

And whenever one of his new films is released, it's time to do that thing when you sum up his career, looking back over his rather daunting body of work — a film per year, with few exceptions, since 1969!

Jordan Hoffman, over at Film.com, has done a terrific film-by-film ranking of Woody's 43 1/3 films, though he also includes some that he only wrote and/or acted in, like What's New, Pussycat?, Play It Again, Sam, and The Front. (It feels weird calling him "Allen" — which is, in fact, his actual first name — and especially "Mr. Allen," a la The New York Times.)

It's a great round-up, one not afraid to mount cogent defences of such runs like Shadows and Fog and Another Woman.

Woody Allen on the set of his latest film, *Blue Jasmine*. CONTRIBUTED**List justifications**

Love and Death, our number one, is not always cited as Woody Allen's best straight-up comedy, much less his best overall film. People tend to gravitate toward Sleeper, which is a touch more sophisticated and reined-in. But that's why we love this: this movie is insane. It's incredibly dense, with parodies of Dostoyevsky and Ingmar Bergman and Sergei Eisenstein flying madly about. (It's crazy this is one of his biggest money-makers.) However, it's his last full-on comedy before the hybrid of comedy and drama that is Annie Hall.

And here, without any neurotic self-deprecation, is ours. (Note: This is only theatrically-

released films, not TV work, including the impossible to find Men of Crisis: The Harvey Wallinger Story — which, if anyone has a line on...)

**Stone-cold masterpiece**

- Love and Death (1975)
- Manhattan (1979)
- Bananas (1971)
- Annie Hall (1977)
- Sleeper (1973)

**Near-masterpiece**

- Radio Days (1987)
- Hannah and Her Sisters (1986)
- Broadway Danny Rose (1984)
- The Purple Rose of Cairo (1985)
- Crimes and Misdemeanors (1989)
- Deconstructing Harry (1997)
- Zelig (1983)
- Manhattan Murder Mystery (1993)

**Really, incredibly good**

- Stardust Memories (1980)
- Take the Money and Run (1969)
- Everyone Says I Love You (1996)
- Husbands and Wives (1992)
- Bullets Over Broadway (1994)
- Stardust Memories (1980)
- Blue Jasmine (2013)
- Vicky Cristina Barcelona (2006)
- Sweet and Lowdown (1999)

**Quite solid**

- Match Point (2005)
- Everything You Always Wanted to Know About Sex (But Were Afraid to Ask) (1972)
- Another Woman (1988)
- What's Up, Tiger Lily? (1966)
- Oedipus Wrecks, his contribution to New York Stories (1989) (this is his 1/3 film)
- Mighty Aphrodite (1995)
- A Midsummer Night's Sex Comedy (1983)

**Problematic, but mostly positive**

- Anything Else (2003)
- Cassandra's Dream (2005)
- Interiors (1978)
- To Rome, With Love (2012)
- Midnight in Paris (2011)
- Whatever Works (2010)
- Shadows and Fog (1991)
- Celebrity (1998)

**Problematic, with less merit — but some**

- Hollywood Ending (2002)
- Scoop (2006)
- Small Time Crooks (2000)

**Pretty bad — but, you know, not entirely worthless**

- September (1987)
- The Curse of the Jade Scorpion (2001)
- Alice (1990)
- Melinda and Melinda (2004)

## Jackson finally finished with Tolkien?

**That's a wrap.**

Filmmaker shares photos of his last days working on The Hobbit trilogy

Peter Jackson has wrapped up filming The Hobbit trilogy and shared pictures of his last day on the set with his Facebook fans.

The New Zealand filmmaker provided a steady

stream of updates and photos from the set of the final film, The Hobbit: There And Back Again, on Friday. The second film, The Hobbit: The Desolation of Smaug, will be released in December, and the finale appears in 2014.

The director posted pictures of dwarves, crew members and actor Martin Freeman, who plays the protagonist, hobbit Bilbo Baggins. The photo updates began and ended with pictures of Jackson's cat, Mr.

Smudge. The final photo shows the director and feline cuddling, along with the caption: "A long day. A great day. Thank you all for being part of it! Now for some sleep!"

The Hobbit, based on J.R.R. Tolkien's novel of the same name, is the prequel to Tolkien's The Lord of the Rings. It follows Baggins' adventures as he tries to help a group of dwarves regain their wealth and stature from the dragon Smaug.

THE ASSOCIATED PRESS

Peter Jackson, left, and actor Ian Murray McKellen on the final day of filming of *The Hobbit*. PETER JACKSON/THE ASSOCIATED PRESS





Amanda Bynes ALL GETTY IMAGES

## Bynes' rocky bond with parents revealed ahead of conservatorship bid

Amanda Bynes' parents may be the last people she wants in control of her life and finances, as the troubled actress and her mom and dad have always had a tense relationship, at least according to Bynes' former pal Ana Rivera, a model, who says Bynes resents her "overprotective" parents for

"telling her what to do and pushing her into acting, a career she never wanted," Rivera tells Radar. "She said she'd never been close to her family." Bynes' psychiatric hold has been extended, and a court date is set for next week to review her parents' bid for a conservatorship.



Cory Monteith

## Monteith 'will forever be in my heart,' says Lea

Lea Michele is breaking her silence online after her Glee co-star and real-life boyfriend Cory Monteith died of an overdose earlier this month.

The actress posted a photo of her and Monteith on Twitter Monday, along with a message thanking her followers for "helping me through this time with your

enormous love & support." She added: "Cory will forever be in my heart." Monteith was found dead July 13 in Vancouver. An autopsy revealed the 31-year-old actor died of an overdose of heroin and alcohol. He and Michele played an on-again, off-again couple in the popular Fox series and were an off-screen couple for about a year.

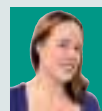
# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Oh to see an exciting Brad and Jen tiff at this year's TIFF



THE WORD  
Dorothy Robinson  
scene@metronews.ca

Brad Pitt and Jennifer Aniston, both happily engaged to other people eight years after their divorce, MIGHT spot each other at this September's Toronto International Film Festival, and this MIGHT be a big deal, because they MIGHT hug hello, and they MIGHT talk, and they

MIGHT wish each other well, and this will cause the universe to implode (if the folks at Us Weekly have anything to do with it, that is). A normal, civilized, post-divorce catch-up sesh surely is off the table for these two because in media, civil exes are boring. We want to catch these two either a) in a blowout as big as a Real Housewives fight, or b) with their pants down in the bathroom at the Four Seasons Toronto. If they're anything like normal Americans, though, they'll just be courteous and chat for a few minutes. Either that or pull the ol' "Oh, my ex is here? Let me pretend to look very busy on my phone for the next hour and a half."



Lindsay Lohan

## Lohan back to work after 90-day rehab stint

Thanks to 90 court-ordered days in rehab, it's been a fairly quiet summer for Lindsay Lohan, but that all changes this week. The troubled starlet will be released from her treatment facility Wednesday, and she's reportedly set to jump straight into promotional work for her controversial new film,

The Canyons, according to the New York Post. First there's a Twitter Q-and-A Friday with the film's director, Paul Schrader, and writer, Bret Easton Ellis. Lohan is rumoured to be joining them. After that, the actress reportedly has her heart set on heading to the Venice Film Festival with the film.



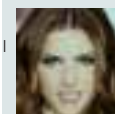
Lisa Kudrow

## Phoebe and Chandler never wanted it to end

While talk of a Friends reunion movie may be dead in the water, stars Matthew Perry and Lisa Kudrow admit they wish the show hadn't gone off the air when it did. "If I had a time machine, I would like to go back to 2004 and not have stopped," says Perry, sitting in for Piers Morgan on his talk show,

with Kudrow serving as his guest. Kudrow agrees: "If it were up to us, you know, individually, then yes. I would keep going," she says. "There would have come a time anyway when someone would have said, 'We've had enough.' But why not have fun until they do?"

### Twitter



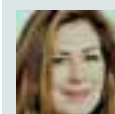
@AnnaKendrick47

dated a guy who slammed my PB&J shut when he got frustrated w my need for peanut butter to be perfectly distributed. We did not last long.



@bobsaget

Thinking of changing my name to ;-)



@DanaDelany

Is anyone else having trouble updating the apps on their iPad?

# The summer fat breakdown

You know some fun foods are bad for you, but how bad? We're listing the best to worst

MICHELLE CASTILLO, METRO WORLD NEWS  
Nutrition data from My Fitness Pal



1

## LIGHT OR REGULAR LAGER

Total fat: 0 g / Cholesterol: 0 mg



2

## WATERMELON (BALLED, 1 CUP)

Total fat: 0.2 g / Polyunsaturated: 0.1 g / Monounsaturated: 0.1 g / Cholesterol: 0 g



3

## STRAWBERRIES (1 CUP)

Total fat: 0.5 g / Polyunsaturated: 0.2 g / Monounsaturated: 0.1 g / Cholesterol: 0 g



4

## COLESLAW WITH MAYONNAISE (1 CUP)

Total fat: 3.1 g / Saturated: 0.5 g / Polyunsaturated: 1.6 g / Monounsaturated: 0.9 g / Cholesterol: 10 mg



5

## PINA COLADA WITH RUM (8 OZ)

Total fat: 4 g / Saturated: 3.5 g / Cholesterol: 0 g



6

## VANILLA ICE CREAM WITH CONE (SMALL, MCDONALD'S)

Total fat: 5 g / Saturated: 3 g / Cholesterol: 15 mg



7

## MACARONI SALAD WITH MAYONNAISE (1 CUP)

Total fat: 9 g / Cholesterol: 8 mg



8

## CHOCOLATE CUPCAKE WITH FROSTING

Total fat: 10 g / Cholesterol: 0 g



9

## POTATO CHIPS (28.3 G)

Total fat: 10 g / Saturated: 1.5 g / Cholesterol: 0 g



10

## FRIES (SMALL, MCDONALD'S)

Total fat: 11 g / Saturated: 1.5 g / Cholesterol: 0 g



11

## FALAFEL SANDWICH

Total fat: 14 g / Saturated: 2 g / Polyunsaturated: 6 g / Monounsaturated: 6 g / Cholesterol: 0 g



12

## PEPPERONI PIZZA (1 SLICE)

Total fat: 14 g / Saturated: 6 g / Cholesterol: 30 mg



13

## HOT DOG WITH BUN, NO TOPPINGS

Total fat: 18.2 g / Saturated: 6.9 g / Trans 0.5 g / Cholesterol: 34.4 mg



14

## POTATO SALAD WITH MAYONNAISE (1 CUP)

Total fat: 20.5 g / Saturated: 3.6 g / Polyunsaturated: 9.3 g / Monounsaturated: 6.2 g / Cholesterol: 170 mg



15

## CHEESEBURGER (0.25 LBS, GRILLED)

Total fat: 21 g / Saturated: 4 g / Cholesterol: 144 mg

### Best Health

## Soothe those insect bites



**BEST HEALTH MINUTE**  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

In the Summer issue of Best Health, on newsstands now, we feature an article by freelance writer Michelle Villett, who has rounded up the options available for taking the itch out of insect bites.

### Tablets

Benadryl Allergy Caplets are an oral antihistamine containing diphenhydramine, which helps reduce the swelling of the skin from any insect bite or sting, and reduces the itching from mosquito bites and ant stings. But it can be sedating, so other good options are remedies containing loratadine (in Claritin Allergy), cetirizine (in Reactin) and desloratadine (in Alerius).

**Topical antihistamines**  
These are less potent than oral remedies but can still soothe itchiness: After-Bite

Gel, Benadryl Itch Cream, Claritin Skin, Polysporin Itch Relief or Lanacane.

### Natural remedies

Taking an oatmeal bath helps soothe the pain and itching. Aveeno Daily Moisturizing Bath is anti-inflammatory and helps skin retain moisture. Or you could try applying a paste of baking soda and water to bites or stings; the sodium bicarbonate can reduce itch.

There's also an exciting new option for prevention. Health Canada has just ap-



Take a bite out of your pain. ISTOCK PHOTOS

proved an all-natural oral mosquito repellent that also claims to repel black flies and other biting bugs. It's called Mozi-Q. Tablets contain staphysagria, a substance derived from

delphinium plants. Find it at health-food retailers.

**FOR MORE FITNESS, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA, OR CHECK OUT OUR IPAD APP.**



# Watermelon introduces its savoury side in light salad

## Watermelon, Tomato, Pistachio and Feta Salad



This salad serves four. MIKE MCCOLL, FROM ROSE REISMAN'S UPCOMING OCTOBER 2013 BOOK



**ROSE REISMAN**  
For more, visit  
rosereisman.com or  
follow her on twitter  
@rosereisman

Nothing beats a summer salad that combines watermelon, tomatoes and feta.

The balsamic glaze is sensational, and you avoid the calories and fat of oil-based dressings.

Follow directions exactly for dressing. If too thick, just add a little more balsamic vinegar.

1. To make the salad: Place arugula, tomatoes, watermelon, feta, pistachios and mint in a large serving bowl.

2. To make the dressing: In a small skillet, add the balsamic vinegar and maple syrup. Bring the mixture to a boil, and cook at a rapid boil for 8 to 10 minutes or just until the mixture bubbles on the entire surface and is slightly syrupy. Do not overcook, or the syrup will get too thick.

### Ingredients

#### Salad

- 4 cups (1 L) baby arugula or baby spinach
- 1 cup (250 ml) small red or yellow grape tomatoes
- 4 cups (1 L) cubed watermelon
- 1/3 cup diced reduced fat feta cheese (2 1/2 oz/75 g)

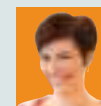
- 1/3 cup (80 ml) toasted chopped pistachios
- 1/4 cup (60 ml) chopped mint or parsley

#### Dressing

- 1 cup (250 ml) balsamic vinegar
- 1/4 cup (60 ml) maple syrup

### Health Solutions

## It isn't 'just water'



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

Oh, sure, it is 92 per cent water, but the other eight per cent of watermelon is a powerhouse. (And there is no such thing as "just" water anyway). Watermelon is a rare, excellent source of an important amino acid called citrulline, which is key in exercise muscle recovery and the elimination of ammonia.

The red flesh is delicious, but the white rind is even more concentrated in this nutrient. Don't throw it away! Trim the outer skin and save the white, less tasty portion to make a relish that is delicious with a cheese board, on baguette or burgers.

### Watermelon Relish

- 2 cups (500 ml) watermelon rind. Remove the dark-green skin and cut the white part into 1/4-inch (0.6 cm) cubes
- 2 tsp salt (10 ml)

- 2 1/2 cups water (625 ml) and 3/4 cup (185 ml) water, divided
- 1/2 cup (125 ml) sugar
- 2 tbsps (25 ml) lemon zest, finely grated
- 2 tbsps (25 ml) lemon juice
- 1/2 tsp (2 1/2 ml) cinnamon
- 1/8 tsp cloves (0.5 ml)

Mix rind with salt and 2 1/2 cups (625 ml) water. Let stand covered at room temperature overnight. Drain and rinse well.

In saucepan, combine sugar with 3/4 cup (185 ml) water, the lemon zest and juice and cinnamon and cloves. Bring to boil over medium heat, add rind and cook gently for 40 mins. or until the rind is translucent and tender (do not boil hard as the mixture could caramelize). When done, remove from heat and cool. Keep refrigerated.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/ RECIPE COURTESY OF THE NATIONAL WATERMELON PROMOTION BOARD**

## Side dish. Grilled Corn with Queso Fresco



1. Heat the grill to high.

2. Rub each of the ears of corn with a bit of olive oil. Once the grill is hot, arrange the corn in a single layer on the grill grates. Cover the grill and reduce the heat to medium. Cook for 6 minutes, turning several times.

3. Meanwhile, use a grater (large holes) to grate the queso fresco into a medium bowl. Add the paprika, garlic powder, salt and pepper, then toss well.

4. When the corn is ready, use tongs to transfer it to a rimmed baking sheet or baking pan that will fit on your grill. It's OK to stack the corn. Sprinkle the cheese mixture over the corn.

Arrange butter chunks evenly over the corn. Place the pan on the grill, cover and cook for 4 minutes, or until the butter melts. Serve. **THE ASSOCIATED PRESS**

### Ingredients

- 8 ears of corn, husks and silk removed
- Olive oil
- 8-oz block queso fresco cheese
- 1 tsp paprika
- 1 tsp garlic powder
- 1/2 tsp kosher salt
- 1/2 tsp ground black pepper
- 1 stick butter, cut into 8 pieces

What makes carrot cake such a crowd pleaser is its soft, dense texture and distinct flavour created by the aromatic mixture of cinnamon and sugar. With three cups of carrots included in the recipe and two grams of fibre per serving, it's the perfect cake for any family occasion.

1. Preheat oven to 350 F (180 C) and grease two 9-inch (23 cm) cake pans.

2. Beat oil and sugars together in a large bowl until combined. Add eggs, one at a time, beating well after each addition.

3. Next, combine flour, cinnamon, baking soda, baking powder and salt in a separate large bowl.

4. Add flour mixture to egg mixture. Mix, just until combined. Fold in carrots.

5. Divide batter evenly in prepared pans. Bake in preheated oven 25 to 30 minutes or until a toothpick inserted in centre of cake comes out clean. Cool in pans on wire cooling rack for 20 minutes. Remove from pans and cool completely on wire cooling rack.

6. For icing: cream butter and cream cheese in a medium

bowl. Add icing sugar, one cup (250 ml) at a time. Beat well after each addition. Add vanilla. Continue beating until fluffy. Add 1 tbsp (15 ml) milk at a time to thin out icing if necessary. Place one cake on serving dish. Spread with icing. Top with remaining cake layer. Spread top with remaining icing.

**NEWS CANADA/ ROBINHOOD.CA**

### Ingredients

#### Cake

- 1 cup (250 ml) canola oil
- 1 cup (250 ml) granulated sugar
- 3/4 cup (175 ml) packed brown sugar
- 4 eggs
- 2 cups (500 ml) Robin Hood Nutri Flour Blend Tastes Like White
- 2 tsp (10 ml) cinnamon
- 2 tsp (10 ml) baking soda
- 2 tsp (10 ml) baking powder
- 1 tsp (5 ml) salt
- 3 cups (750 ml) finely grated carrots (approx. 1 lb/454 g)

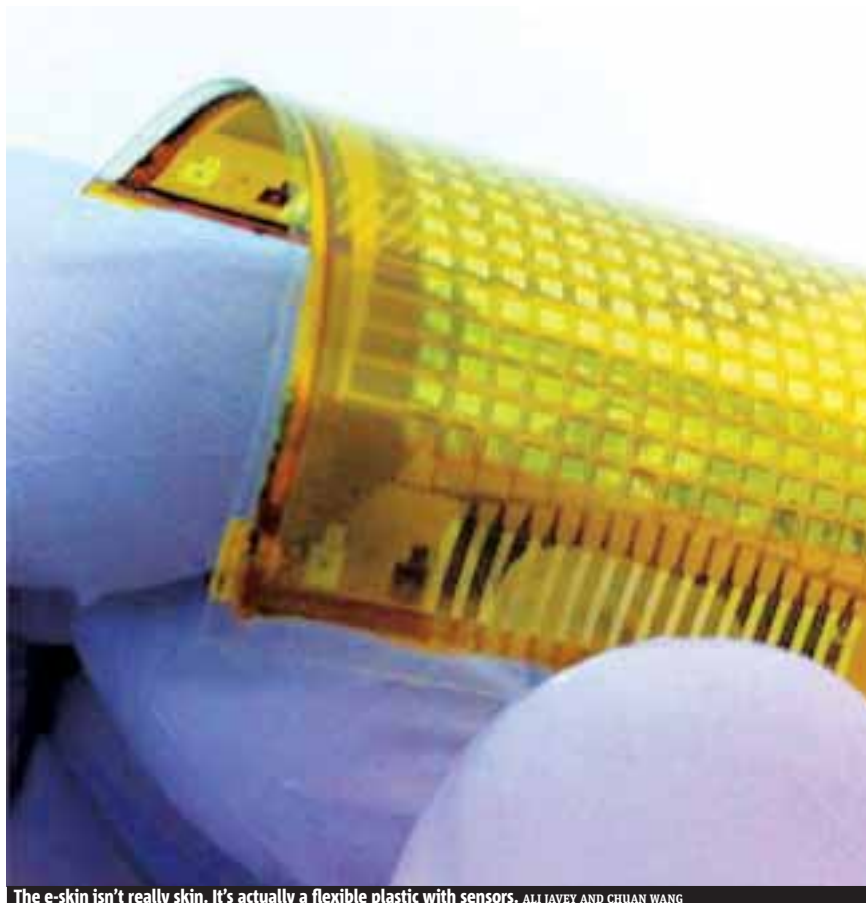
#### Cream Cheese Icing

- 1/4 cup (50 ml) butter, softened
- 1 cup (250 ml) regular or low fat cream cheese, softened
- 4 cups (1 L) icing sugar
- 1 tsp (5 ml) vanilla extract
- Milk (as needed)



This recipe makes 16 servings. **NEWS CANADA**





The e-skin isn't really skin. It's actually a flexible plastic with sensors. ALI JAVEY AND CHUAN WANG

# Getting touchy feely with robots

ELISABETH  
BRAW

Metro World News

Attention naysayers who predict that robots will never be like humans: the robots just made a huge leap in our direction. Researchers at the University of California, Berkeley, have invented robot skin — and it reacts when touched.

“With the interactive e-skin, we have demonstrated an elegant system on plastic that can be wrapped around different objects to enable a new form of human-machine interfacing,” explained Ali Javey, an associate professor of electrical engineering and computer sciences at Berkeley who led the research team.

The e-skin is not really skin, of course: it's flexible plastic.

But its sensors react just

like human skin. Lights flash when the skin is touched: softly in response to light touching, brightly in response to more pressure.

The plastic sheets can be wrapped around robot limbs.

This will help the android creatures react to human beings.

But the purpose of the skin is not to make robots more human.

Instead, the researchers envisage it being used in wallpaper that functions like today's touchscreen devices.

“Unlike the stiff touchscreens on iPhones, computer monitors and ATMs, the e-skin is flexible and can be easily laminated on any surface,” says the study's lead co-author, Chuan Wang, an assistant professor of electrical and computer engineering at Michigan State

**Not your average screen**

**“Unlike the stiff touchscreens on iPhones, computer monitors and ATMs, the e-skin is flexible and can be easily laminated on any surface.”**

Chuan Wang, study's lead co-author

University.

“I could also imagine an e-skin bandage applied to an arm as a health monitor that continuously checks blood pressure and pulse rates,” Wang says.

The results of the study, which was funded by the Pentagon's pioneering research arm, DARPA, were published in the scientific journal Nature Materials.

## Author turns Facebook addiction into debut novel

Lottie Moggach says the idea for her chilling Internet identity theft novel *Kiss Me First* was born from an activity she ultimately decided was a massive time suck: Facebook.

Her reliance on the social networking service, she said, came in “2007-ish” when the freelance journalist was “underemployed.”

“I found myself spending a huge amount of the day on Facebook in a really properly addicted way. Not just checking in, you know, in the morning

and the afternoon, but looking every five minutes or so,” Moggach recalled recently during an interview from her London, England home.

“It was after a few months of this very heavy duty relationship (that) I started thinking about how my relationship with people I was kind of leering over on Facebook was changing, and how actually I didn't feel the need to see them in the flesh so much because I knew all I needed to know.”

She added: “It just struck

me that rather than enhancing real-life relationships that this social network could actually replace them.”

That thought provided the kernel for *Kiss Me First*, told in the first-person voice of Leila, a loner who is drawn to an online philosophy forum called “Red Pill” and becomes convinced by the site's enigmatic founder Adrian to take over the online identity of a troubled young woman named Tess.

Moggach, 36, says the storyline came together naturally

after the initial spark.

“When I had the idea that perhaps one of these lives I was looking at online could not exist ... just from that, the plot came extremely quickly and the characters came really quickly,” she said.

“That was painless, really, the actual idea. The execution of it was what really took the time.”

Using her background in journalism, Moggach says she did “lots and lots” of research, scouring philosophy sites simi-

lar to the *Red Pill*. She also consulted her mother, Deborah Moggach, the English writer whose novels include *The Best Exotic Marigold Hotel*.

“She was extremely helpful because she's taught creative writing so she's very good at talking about writing,” said Moggach.

The motherly advice evidently helped. *Kiss Me First* is receiving positive reviews and Moggach says she already has an idea for her next novel.

THE CANADIAN PRESS







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# Canadians on the brink of debt disaster? Bank says the statistics may be flawed



Debunking the numbers is a messy business, but always worth it. ISTOCK IMAGES



**YOUR MONEY**  
Alison Griffiths  
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"Statistics are like a bikini. What they reveal is suggestive, but what they conceal is vital." So said the late Aaron Levenstein, American professor of business.

I'm sure that's what TD Bank analysts commented to each other when they re-analyzed the oft-reported statistics about Canadians' perilous indebtedness.

The numbers go like this: Canadians' debt-to-income ratio is 162, so we owe \$162 for every \$100 of after tax income. This is worrying because Americans ran up a debt-to-income ratio of 163 just before the financial crash.

The falling sky is nigh, say the financial prognosticators, especially in light of Canada's stratospheric housing market.

But TD maintains that the

statistics are flawed. The Canadian figures include interest on non-mortgage debt and out of pocket health-care expenses, neither of which factor in to the American numbers.

When such costs are taken into account, our pre-crash neighbours had a debt-to-income ratio of 177 while we Canadians now stand at 156 per cent.

Certainly reason for concern, but we're not on the brink of Armageddon.

TD's reanalysis begs the question of why bogus, or at least flawed, statistics and conclusions can float around without contradiction, sometimes for decades.

These days surveys, reports and studies are hugely popular with all manner of companies and government agencies (TD, by the way, loves them.)

They're cheap advertising in a time of shrinking media outlets and budgets. For over-worked journalists, predigested research is very attractive.

Often the surveys produce an interesting slice of information about our lives and society. But some are just plain garbage.

A recent one about insurance bothered me and I discovered that most of the information had been lifted from an American study and then Canadianized poorly.

The problem with inaccurate or misleading surveys and reports is that they can create or solidify public opinion.

Take the level of Canadian indebtedness. Our debt level is too high, no question. But when statistics indicate that we're nearing a precipice, the public gets scared.

Worse, politicians leap into the fray and create lousy policies based on faulty assumptions.

I'd like to see a lot more debunking done, along the lines of TD Bank's recent report.

Contact Alison at [griffiths.alison@gmail.com](mailto:griffiths.alison@gmail.com) or [alisongriffiths.ca](mailto:alisongriffiths.ca)



## How to keep those dolla dolla bills, y'all

**High debts.** Through careful planning and creativity, grads can get back on track

It was the best of times; it was the worst of times.

That's how it seems for many graduating students these days. Their debts are high and the chance of finding a good paying job appears to be low, according to the leading pundits. They also advise new grads to pay off their school debts as quickly as possible, to start saving for retirement and for the ever-imminent rainy day.

This may all seem very daunting if you're a grad with two or three part-time jobs who's barely scraping enough together for rent. But the experts at Desjardins Insurance have some suggestions on how all these goals can be achieved through careful planning and creativity.

Create a monthly budget. Setting it up will require a bit of effort, but it's worth it in the long run. Remember

these tips:

### Keep it simple

It should be straightforward and flexible so it can be easily modified if your income or expenses change.

### Set your financial objectives

Your objectives should be realistic, measurable and time-bound. This will help you stick to your budget and to achieve your financial goals.

### Be realistic and specific about your spending

Go through your account statements to identify your spending patterns. Each expense item will have its own line in your budget, like housing, groceries, utilities, transportation, school debt payments, entertainment, clothing, etc.

### Stay organized

Save all of your receipts and track them against your budget.

Talk to a financial planner to help you define your short- and mid-term savings goals, assess the savings options available to you and get advice on how to get an ear-

ly start on your retirement savings strategy. One of the best ways of doing this is to take advantage of dollar cost averaging, which is all about using time and consistency to grow your money.

Here's how that would look. Suzanne can contribute \$1,200 this year into her retirement savings plan. She can either wait until she's saved up \$1,200 and invest it all at once, or contribute \$100 each month. Here's how dollar cost averaging pays off:

**Lump sum contribution:** She saves \$1,200 by the end of the year and is ready to invest. Suzanne decides to purchase mutual fund shares with a unit price of \$5. Her \$1,200 buys 240 units.

**Regular contributions:** By contrast, Suzanne invests \$100 per month through regular payroll deductions. Because of market fluctuations, the cost per unit changes every month, allowing her to buy a different number of units with her monthly contributions. At the end of the year, Suzanne was able to buy 266 units, valued at \$1,330. She's now ahead by \$130. **NEWS CANADA**



It's as easy as following the debt free sign on the highway of life, right? **NEWS CANADA**

# Underachieving Jays could wheel, deal at trade deadline

**MLB.** But fire sale not expected as GM Anthopoulos hopes to contend in 2014

After a busy off-season, the Toronto Blue Jays were expected to be contenders.

Instead they're well under .500, out of the American League East and AL wild-card races and grasping for positives amid a season that hasn't gone according to plan.

"When you're not winning games, it's not good," general manager Alex Anthopoulos said during a recent home-stand. "You're scratching your brain trying to come up with ways to get better."

One way to get better, for next year and beyond, involves selling before Wednesday afternoon's trade deadline. Anthopoulos recognizes the Blue Jays' place at the bottom of the standings, but with the hope of contending in 2014 there might not be many assets available to deal.

"Everyone's in trade mode," Anthopoulos said. "I think anything we do, if we can do something that helps currently, great, but even for the following year as well,

## Setting the bar

The market for reliever trades has already been set.

- On Monday the Los Angeles Angels of Anaheim traded 37-year-old former Blue Jays lefty Scott Downs to the Atlanta Braves for minor-league right-hander Cory Rasmus.
- Also Monday, the Houston Astros traded closer Jose Veras to the Detroit Tigers for 19-year-old outfield prospect Darryl Vasquez and a player to be named later.

we'll look to do it. We're having dialogue, but I'd say every player we're having dialogue about are players that can help us beyond the current year."

In other words, don't expect a fire sale of every Blue Jays player who has underachieved this season. Only three are impending free agents: Starter Josh Johnson, whose value is at an all-time low, reliever Darren Oliver, who's 42 years old, and outfielder Rajai Davis, who's a part-timer relied on mostly for his speed. **THE CANADIAN PRESS**



Rajai Davis, seen here making a leaping catch in Boston on June 28, could be flying out of Toronto if the Blue Jays deal him before the trade deadline. GETTY IMAGES FILE

# Phelps backstrokes into Olympic picture



Michael Phelps GETTY IMAGES FILE

When Michael Phelps walked away from swimming after the London Olympics, he was adamant about one thing: His career was over.

Now, it sounds like he's not so sure.

While saying he's never been happier with his life — and certainly doesn't miss the grind of what it took to become the most winningest

athlete in Olympic history — Phelps left the door open to change his mind before the 2016 Rio Games.

"I don't know what's going to happen in the future," Phelps said Monday. "I don't know what's going to happen tomorrow."

In Barcelona for the world swimming championships, Phelps spoke to The Associated

Press and other international media organizations in a series of one-on-one interviews set up by his sponsor, Speedo. When asked by the AP, yes or no, whether he'll compete at the next Olympics, Phelps coyly said he hasn't planned that far ahead in his life.

That's a striking change from his comments before and immediately after the Lon-

don Games, when he insisted his retirement was set in stone and it had always been his goal to quit swimming before he turned 30.

Phelps will be 31 at the time of the opening ceremony for the Rio Games.

"I don't know. We're in 2013," he said, before adding, "There's nothing in the works right now." **THE ASSOCIATED PRESS**

## Calling out Bolt

### World's fastest man challenged to a race with a twist

Usain Bolt has a new challenger, and maybe even a new distance to think about.

The biggest star in track is being sought out by Mo Farah for a charity race somewhere between Bolt's sprint

specialty and Farah's distance domain.

"It'd be great to be able to do a distance where people vote in what distance will be suitable, and then get a judge and then come in the middle with that distance and train for it," said Farah, who won the 5,000 and 10,000 metres at last year's London's Olympics. "Bolt, are you up for that? Come on, you got to do it." **THE ASSOCIATED PRESS**

## NHL

### Jets ink Bogosian to seven-year deal

The Winnipeg Jets have signed defenceman Zach Bogosian to a seven-year, \$36-million US contract.

Bogosian was the Jets' final restricted free agent who needed a new deal. He'll count just more than \$5.14 million against the

salary cap. Last week the

Jets signed right-winger Blake Wheeler to a six-year, \$33.6-million contract. They also gave restricted free-agent centre Bryan Little a five-year, \$23.5-million deal.

**THE CANADIAN PRESS**



Zach Bogosian  
GETTY IMAGES FILE

## Getting brotherly love



"I'm not one for emotion, but this is pretty tough."

Donovan McNabb whose voice cracked and eyes watered as he gave his retirement speech on Monday in Philadelphia. McNabb was a six-time Pro Bowl quarterback for the Eagles.





See today's answers at [metronews.ca/answers](http://metronews.ca/answers).  
BY KELLY ANN BUCHANAN

## Horoscopes

### Aries

March 21 - April 20

Make the best use of every minute of your time today. What you do is important, but how you do it is even more so right now. Why? Because influential people are watching.

### Taurus

April 21 - May 21

Partnership problems must not be allowed to detract from the wonderful opportunities now coming your way. If there are any outstanding squabbles, you must deal with them now.

### Gemini

May 22 - June 21

People are going out of their way to be nice to you and you should go out of your way to return the favour. Fun is for everyone but especially for you.

### Cancer

June 22 - July 23

Why are you hesitating to start something you know you will enjoy — and which could make lots of money? Whatever the reason, you've got to get over it or you will look back later and regret that you were not more dynamic.

### Leo

July 24 - Aug. 23

There are major changes going on around you and the good news is every one of them can be used by you to further your interests. Whatever else you do today don't fear change — make it work for you.

### Virgo

Aug. 24 - Sept. 23

It seems you are focusing on things you fear rather than things you have to look forward to. That's silly and you know it. Everyone else thinks you're a star, so why don't you? Start acting like one today.

### Libra

Sept. 24 - Oct. 23

Fate has a way of giving us what we need, though whether we want it at the time is another matter, of course. What happens today may shock you but it will also inspire you to aim higher.

### Scorpio

Oct. 24 - Nov. 22

Today's Venus-Pluto link will bring back your passion for something you seem to have forgotten about for a while. This time you'll give it your undivided attention, and this time you'll see it through.

### Sagittarius

Nov. 23 - Dec. 21

These may be fun times but you should also be giving some thought to what changes you would like to see. They must, of course, be serious changes. Going through the motions won't be any good.

### Capricorn

Dec. 22 - Jan. 20

You'll be moving around today, in pursuit of things you have set your heart on. Remember that not everyone shares your taste in possessions.

### Aquarius

Jan. 21 - Feb. 19

The planets are urging you to put bad feelings behind you and patch up a relationship that still has a lot of mileage in it. You have come so far together, surely you can go all the way to the finish line.

### Pisces

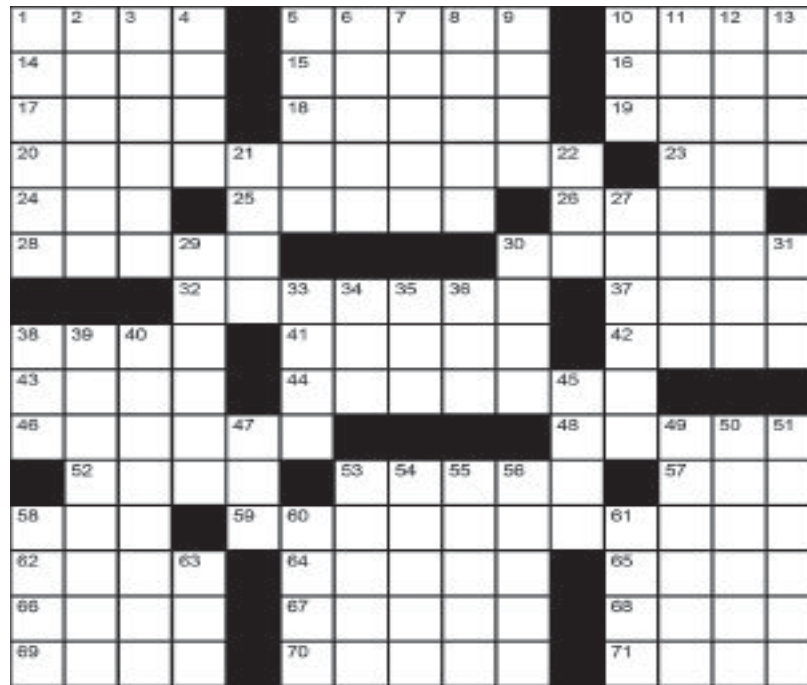
Feb. 20 - March 20

You may not like having to say "no" to people who depend on you but if you don't it will be you who loses out. Haven't they been depending on you a bit too much? **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

- French miss [abbr.]
- CNBC's "The Suze \_\_\_ Show"
- Goes for
- Attack, like a lion
- Lift with might
- Golfing hazard
- Ponder
- Year's historic record
- "The Bridges at \_\_\_ Ri" (1954)
- Canuck sweet treats
- Animal's health pro
- Mork's planet
- Stands for
- Norse deity
- Old Testament hymn
- Argentina's capital, \_\_\_ Aires
- "Oh, puh-leeze." gesture
- Be goofy, \_\_\_ fool
- Some TVs
- Sound
- Depilatory brand
- Sequences, for short
- Rise, as a hill
- Ump's call, "\_\_\_!"
- Actress Eva
- Succeeds
- City in Quebec
- Pirate's positive
- Pre-A.D. time



- alternative
- Job title for "The Da Vinci Code" (2006) character Robert Langdon
  - "Casablanca" (1942) role, Ilsa \_\_\_
  - "Let's take \_\_\_." (Pre-show-of-hands comment)
  - Opera voice
  - Spewer of Sicily

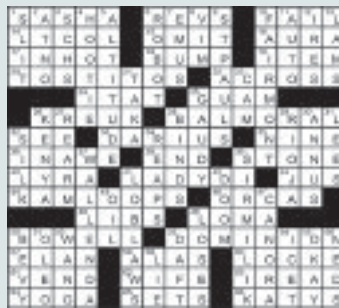
- Point-to-turn on
  - Stagger
  - Hand-me-down
  - City of Tuscany in Italy
  - Roger McGuinn, as a band member
- Down**
- Hanson hit
  - Matt of morning TV talk, and others

- Capital of Zambia
- Distance above sea level [abbr.]
- Windy City airport
- Hertz \_\_\_ -Car
- NB's Grand \_\_\_ Island
- J' \_\_\_; Nous avions; Vous aviez...
- Jodie Foster movie
- Cdn. capital
- Canada's one-

- of-ten
- Heed: 2 wds.
  - Predicament
  - Actress Ms. Rossum
  - Old French coin
  - Ms. Durbin (Winnipeg-born star)
  - Learning session
  - Count Basie's "Blee \_\_\_ Blues"
  - Roosted

- Restaurant chain, \_\_\_ Side Mario's
- Groove
- "\_\_\_ to Billie Joe" by Bobbie Gentry
- "Why'd You \_\_\_" by Colin James
- Mr. Rogers of Westerns
- "Sh-Boom": '50s hit for Toronto quartet The \_\_\_
- Ms. Clarkson, Canadian journalist who became Governor General
- "L'Espresso my \_\_\_!" (Famous commercial slogan)
- Battleship letters in The States
- Canadian sprinting great/Olympian, Donovan \_\_\_
- Prairie \_\_\_, Canadian country band
- Narrated again
- Nero's 2007
- Over
- Boarded the bus: 2 wds.
- "Get Here": Early-'90s hit for \_\_\_ Adams
- Cordon \_\_\_
- High-pitched barks
- Outfit
- Pop

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku

2	4	8	1	3	9	6	7	5
6	3	7	4	8	5	9	1	2
1	9	5	7	6	2	8	3	4
9	8	2	5	1	7	3	4	6
5	6	4	2	9	3	7	8	1
3	7	1	6	4	8	5	2	9
4	5	3	9	7	1	2	6	8
7	2	6	8	5	4	1	9	3
8	1	9	3	2	6	4	5	7

	6	1	7	4			8	9
		4						
2	9		6			7		
	8			5		3		
		2		9			6	
		7			9		3	5
						4		
5	4			3	7	2	1	

**Today**

24°/13°

Partly cloudy

**Wednesday**

25°/14°

Variable

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